

## **VERSION OF AMENDMENTS SHOWING MARKINGS**

### **In the Claims**

1. - 18. (Canceled)

19. (Original) A method of converting a one-way shock absorber into a two-way shock absorber comprising;

forming a housing having a chamber therein sufficient large to house a one way shock absorber in a laterally displaceable condition therein;

placing a first slideable member in one end of the housing;

placing a second slidable member in the opposite end of the housing; and

inserting a one-way shock absorber in the chamber in the housing with one end of the one-way shock absorber engageable with the first slidable member and the other end of the one-way shock absorber engageable with the second slideable member.

20. (Original) The method of claim 19 wherein the chamber in the housing is formed with a length that is equal to or less than a length of the one-way shock absorber to maintain the ends of the shock absorber in pressure contact with each of the slideable members.